**Health and PE resource: Term 3,**

**Created by Sport Auckland’s Healthy Active Learning team.**

*For Health and PE this week, your challenge is:*

* If you are a Year 0-2, get as many points as possible, if you are Year 3-6, your target is 12 points and Year 7-8, your target is 15 points.
* Note: You cannot do the same activity twice.
* Once completed, you need to send what activities you did and your answers to the reflection questions to your teacher.

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|  | **Getting Active** | **Teamwork** | **Coordination** | **Paralympics** |
| 1 Point | Complete your name in exercises: [Here](https://drive.google.com/file/d/1KcAI3XgoQ5ELoix6BWAQHEWdPZ2K333m/view?usp=sharing)  *Shoutout to Mama Cheaps for this resource!* | Draw a picture and have a family member draw it by describing it to them (without telling them what it is).  *Did your picture look the same? If not, try again. Think of how you might explain it differently.* | Practice throwing and catching with your opposite writing hand (or with one hand?)  *Can you get to 10 in a row? How many can you get?* | ***Visually impaired:***  While blindfolded,throw a ball or sock toward a bucket target.  Round1: How many times out of 10 can you get it in?  Round2: Use a sighted person to help direct you. |
| 2 Points | Sock Wrestle a family member.  [Here is an example.](https://www.youtube.com/watch?v=2lD3WE-Fj7k) | Play catch with a raw egg with someone in your family. Everytime you make a successful catch, take a step back.  *How far back can you go?* | Get a rope to skip with, see how many skips you can do in a row. *What about backwards or double unders or criss cross jumps?* | ***Limb deficiency:***  Go to your back yard or driveway. Using only your opposite writing hand, how far can you throw an object. Eg: ball, sock, shoe. |
| 3 Points | Create and record a trick shot to share with your classmates  [Here is some inspiration](https://www.youtube.com/watch?v=Ss-P4qLLUyk) | Play ‘keepie uppies’ with a roll of toilet paper. *How many did you get? How can you make it easier/harder?*  Note: ‘Keepie uppies’ is where you try and keep an item up from touching the ground with your feet. | Learn how to juggle 2 balls in one hand or 3 balls in two hands  [Here’s a guide for you](https://www.wikihow.com/Juggle) | ***Visually impaired:***  Make an obstacle course inside or out. Have a sibling or parent guide you through the course while you are blindfolded. Time yourself, see if you can beat it. Now guide your sibling/parent through. |
| 4 Points | Create an obstacle course around your house that will take 4 mins to complete. | The floor is lava!  With your family, travel from one end of your house to the other without touching the floor. Use pillows, cushions, mats.  E.g. 4 family members = 5 items. | Hallway Laser field:  Use toilet paper and cellotape to create a maze for yourself and family to crawl through.  Click [here](https://www.pinterest.nz/pin/797489046506444117/?nic_v1=1amH%2BN%2BxxJ8wKkf9I2Vc3OPniLgOlkrPAcbzlimfW0GBMV%2BbFWtiwranlPuqB1DD%2Fc) for an example. | ***Visually impaired and limb deficiency:***  Set up a target as per the 1 point activity.  Be blindfolded and use only your opposite writing hand, see how many points you can score. |

*My week of lockdown Health and Physical Education*

*Reflection Task*

At the end of the week answer these questions before sending it back to your teacher:

*Note: Q1 and 2 are suitable for all year levels, Q3 and 4 is suitable for Y5-8 and Q5 is suitable for Y7-8*

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| 1. Write down the 3 things that you most enjoyed about the PE activities this week? | 1. Write down 2 activities you would like to try again? Why? |
| 1. What was difficult about the Paralympic activities? Why? | 1. By holding the Paralympics, what are the benefits to the athletes who compete? |
| 1. What are the benefits to all of society when we hold the paralympics? |  |